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FROM: Laura Zeman

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RE: U.S. Serial No. 10/650,455

**MESSAGE**

Amendment and Response (10 pgs.)

Thank you.  
Laura Zeman

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CONFIRMATION NO.:

CLIENT MATTER NO.: 19640.0517

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Date: 4/17/06By: Kim L. Brown  
Signature**IN THE UNITED STATES PATENT  
AND TRADEMARK OFFICE****PATENT**

Applicants:	Paul LaStayo, et al.	Docket No.:	49640.0517
Serial No.:	10/650.455	Examiner:	Glenn E. Richman
Filing Date:	August 27, 2003	Art Unit:	3764
Title:	METHOD AND APPARATUS FOR SPEED CONTROLLED ECCENTRIC EXERCISE TRAINING		

**AMENDMENT AND RESPONSE**

Mail Stop Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Honorable Commissioner:

In response to the Examiner's Office Action dated March 22, 2006, please amend the above-identified application as follows.

Amendments to the Claims are reflected in the listing of claims which begins on page 2 of this paper.

Remarks/Arguments begin on page 10 of this paper.

Serial No. 10/650.455